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Work of Lancaster University Archaeology unit
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Unit was previously Regional unit for Cumbria and Lancashire -> University subsequently university Archaeology Dept closed. Unit is commercial there are no students.

Outlined work done by unit and antipathy to developmental archaeology, digitalised building records are made and much conservation work done eg at Pendragon myth suggests it belonged to royal family of the kingdom of Rheged.

References made to

Dacre excavation Dark Ages monastery artifacts include a stylus indication of literacy and at that time that would be a monastic site. Anglo Saxon and Viking sculptures.

Kendal behind the Woolpack Inn medieval and post medieval settlements grain drying kilns found (they are evident from Roman times)

Sedburgh Howgills many many unsurveyed earth works of different ages artefacts are rare.

Framington near Penrith evidence of circular and rectangular building 4-5thC, cultural assemblage minimal.

Oasis village post holes rectangular shape.

There is little knowledge of settlements from the late Roman until the Medieval period in the Upper Eden Valley but it may have been very well settled. The nature of the soil, landscape and type of archaeology done today does not make it easy to find evidence.